

Discipline

What Am I Supposed to Do...



1. Discipline can be frustrating for everyone, but it is a must- children need rules and limits so they can feel safe and secure
2. Here are some ideas about how you can get your child to follow your rules:
 - ✓ Be consistent in what behavior is not allowed
 - ✓ Speak in a firm tone and maintain eye contact
 - ✓ Put in time-out (always talk with your child about why they were in time-out)
 - ✓ Praise good behavior and always keep your promises
 - ✓ Ask your child to do the right thing instead of saying what not to do ("put the book down" instead of "don't open that book")
 - ✓ Stop the bad behavior as soon as it starts
3. Temper tantrums are a common occurrence in childhood:
 - Try to prevent the tantrum from starting
 - Stay calm and try to ignore the tantrum- your child will learn this is not the way to get what he or she wants
 - If your child's behavior is harmful (like head banging) stop your child immediately and take him or her to a safe area
 - Tantrums are most often the result of being tired, frustrated, and angry- work with your child to keep these emotions in control
4. Remember, be consistent in your scolding and reasoning and always reward good behavior

